AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions and listings of claims in the application.

Listing of Claims:

Claims 1-50 (canceled)

51. (New) A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

creating a first image representative of said person in a pre-regimen condition by modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen; and

creating a second image representative of said person in a post-regimen condition by modifying said first image based on said second data set.

52. (New) The method of claim 51 wherein said body shape designation is selected from pear-shaped, apple-shaped, and straight-shaped.

53. (New) The method of claim 51 further comprising calculating an ideal weight and an estimated body fat percentage for said person.

54. (New) The method of claim 53 wherein said estimated body fat percentage is calculated substantially according to the following equation:

$$\text{Body Fat Percentage} = (\text{Essential Fat} + \text{Excess Fat}) / \text{Body Weight}$$

said Essential Fat being calculated substantially according to the following equation:

$$\text{Essential Fat} = ((\text{Age} \times 0.001625) + 0.0425) (\text{Ideal Weight}).$$

55. (New) The method of claim 51 wherein said creating a second image comprises calculation of an age factor.

56. (New) The method of claim 55 wherein said age factor is calculated substantially according to the following equation:

$$\text{Age Factor} = ((-0.000438)\text{Age}^2 + (0.0439)\text{Age}) - 1.$$

57. (New) The method of claim 51 wherein said at least one goal is selected from weight loss, muscle gain, and a combination of weight loss and muscle gain.

58. (New) The method of claim 51 wherein said regimen comprises at least one of the following: resistance exercise, cardiovascular exercise, nutrition planning, dietary supplement intake, and personal training.

59. (New) The method of claim 51 wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor.

60. (New) The method of claim 59 wherein said base muscle gain factor is selected from the group consisting of:

1/725 if said goal comprises muscle gain only;

1/1087 if said goal comprises muscle gain and fat loss;

1/1450 if said goal comprises fat loss only or health maintenance.

61. (New) The method of claim 59 wherein a supplement boost is calculated substantially according to the following equation:

Supplement Boost = 1.0 + ((Days of Resistance Training / 7 days)

× (Days of Supplementation / 7 days)

× Supplement Boost Factor).

62. (New) The method of claim 59 wherein said resistance compliance factor is calculated substantially according to one of the following:

(a) if said regimen comprises a number of days of resistance training per week which is greater than 4,

Resistance Compliance = (Days of Resistance Training / 3) + 2.56667

(b) if said regimen comprises a number of days of resistance training per week which is less than or equal to 4,

Resistance Compliance = Days of Resistance Training.

63. (New) The method of claim 59 wherein said age factor is calculated substantially according to the following equation:

Age Factor = Age^2 (0.009835) + Age (-1.84086) + 84.54923.

64. (New) The method of claim 59 wherein said nutrition factor is calculated substantially according to the following equation:

Nutrition Factor = Days/Week on Nutrition Plan (0.035714286) + 0.75.

65. (New) The method of claim 59 wherein said gender factor is calculated substantially according to one of the following equations:

(a) if said person is a female,

$$\text{Gender Factor}_{\text{female}} = 0.55;$$

(b) if said person is a male,

$$\text{Gender Factor}_{\text{male}} = 1.0.$$

66. (New) The method of claim 59 wherein said muscle gain is calculated substantially according to the following equation:

$$\begin{aligned}\text{Muscle Gained / Week} = {} & (\text{Resistance Compliance} \times \text{Base Muscle Gain Factor}) \\ & \times \text{Supplement Boost} \\ & \times \text{Age Factor} \\ & \times \text{Nutrition Factor} \\ & \times \text{Gender Factor.}\end{aligned}$$

67. (New) The method of claim 53 further comprising recalculating said body fat percentage to account for fat loss or muscle gain resulting from said regimen.

68. (New) The method of claim 51 further comprising estimating at least one health risk for said person in said pre-regimen condition.

69. (New) The method of claim 68 wherein said at least one health risk is selected from the group consisting of diabetes, heart disease, and stroke.

70. (New) The method of claim 51 further comprising estimating at least one health risk for said person in said post-regimen condition.

71. (New) The method of claim 70 wherein said at least one health risk is selected from the group consisting of diabetes, heart disease, and stroke.

72. (New) The method of claim 51 further comprising:

adjusting said first image by independently adjusting at least one of a muscle layer and a fat layer.

73. (New) A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

creating a first image representative of said person in a pre-regimen condition by modifying a generic image based on said first data set;

adjusting said first image by increasing or decreasing at least one of a representation of an amount of fat or a representation of an amount of muscle independently of the other;

receiving a second data set comprising at least one goal desired from said regimen; and

creating a second image representative of said person in a post-regimen condition by modifying said first image based on said second data set.

74. (New) The method of claim 73 wherein said adjusting is performed by moving a slider bar in a graphical user interface.